

COMPLIMENTS of

Fred Meyer.

free!
March 2014

Natural Choices

Health Conscious.

Earth Conscious.

the color diet

- freezer tips
- comfort food recipes
- your anti-cancer plan

See pages 8, 9, 16, 17, 24, 25 and the back cover for this month's featured items!

healthy pick
kale

did you know?

One of the most nutritious greens you can eat, kale has phytonutrients that fight inflammation and cancer and help prevent arterial plaque. Eating kale with fats like olive oil can make its carotenoids more available to the body.

Nutrition Facts

Serving Size
1 cup, cooked

Amount Per Serving

Calories	36
Fiber	2.6 g
Protein	2.5 g
Fat	0.5 g
Carbohydrates	7.3 g

NUTRIENTS: Vitamins A, B6, B12, C, D, and K; minerals calcium, iron, magnesium, potassium, phosphorus; and phytonutrients including lutein and zeaxanthin

“6 Things You Don’t Know About Kale,” HuffPost Healthy Living, 1/15/14 • “Kale, cooked, drained, without salt,” USDA National Nutrient Database for Standard Reference, <http://ndb.nal.usda.gov> • “The Truth About Kale” by Kathleen Zelman, MPH, RD, LD, www.WebMD.com



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NO-SUGAR MIXED-BERRY ALMOND CRISP



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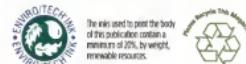
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A note on recipes

Recipes are analyzed by Anna Kanarathen, MS, RD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They do not act as a guide. Star ratings are based on the USDA's MyPlate guidelines.

★★★★★ Extraordinary (50 percent or better) ★★★★ Top source, ★★★ Excellent source, ★ Good source, ★ Fair source

coming in april

- › Benefits of organic
- › Green house-cleaning
- › Sides for spring holidays





INDULGE IN A CAUSE



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tomatoes
may offer
cancer
protection

Eating a diet rich in tomatoes may help protect at-risk women from breast cancer, according to new research. Breast cancer risk increases in postmenopausal women as their body mass index climbs. The study found that tomatoes have a positive effect on the level of hormones that help regulate the metabolism of fat and sugar.

"The advantages of eating plenty of tomatoes and tomato-based products, even for a short period, were clearly evident," said researcher Adana Llanos, PhD, of Rutgers University. "Eating fruits and vegetables, which are rich in essential nutrients, vitamins, minerals, and phytochemicals such as lycopene, conveys significant benefits." Lycopene is a carotenoid that has strong antioxidant properties. It is abundant in tomatoes.

SOURCE "Diet Rich in Tomatoes May Lower Breast Cancer Risk,"
Endocrine Society, 12/18/13

Maintaining healthy levels of cholesterol is good for your heart, but it also appears to benefit the brain. A new study found that low levels of LDL and high levels of HDL cholesterol are linked to lower levels of amyloid plaque in the brain. A buildup of the plaque is an indication of Alzheimer's disease.

"If modifying cholesterol levels in the brain early in life turns out to reduce amyloid deposits late in life, we could potentially make a significant difference in reducing the prevalence of Alzheimer's," said the lead researcher, Bruce Reed, PhD.

SOURCE "Unhealthy Cholesterol Levels Might Raise Alzheimer's Risk" by Mary Elizabeth Dallas, MedlinePlus, www.nlm.nih.gov/medlineplus/12/03/13



**eat these
cholesterol
fighters**



Nutrition expert David Grotto, RD, says these are the top eight foods for lowering cholesterol: almonds, apples, flaxseeds, garlic, oatmeal, extra-virgin olive oil, psyllium husks, and soybeans. He writes that whole grains, berries, and legumes are the best food groups to enlist in the battle. Also, reduce your intake of saturated fat and get plenty of exercise.

SOURCE *The Best Things You Can Eat* by David Grotto, RD, LDN (\$15.99, De Capo, 2013)

gum may cause headaches

**Frequent gum chewing
appears to cause head-
aches in some kids.** The simple solution is to stop.

Headaches are common in childhood and the teenage years, often triggered by stress, lack of sleep, heat, noise, missed meals, and other factors. Nathan Waternberg, MD, noticed that many of his young headache patients were avid gum chewers. He asked 30 of the kids to stop chewing. After a month, 26 of 30 reported significant improvements, and 19 had stopped having headaches entirely. When 20 of the participants went back to gum chewing, they all had an immediate relapse of symptoms.

Dr. Waternberg noted that earlier studies had suggested that gum-chewing headaches were caused by either aspartame in the gum or from stress on the joint that connects the jaw to the skull. That joint is the most used joint in the body, and Dr. Waternberg believes that the additional burden caused by chewing is the source of most of the headaches in young gum users.

SOURCE "Chewing Gum Is Often the Culprit for Migraine Headaches in Teens," American Friends of Tel Aviv University, 12/19/13

Broccoli is a powerhouse of vitamins and minerals, but are the florets more nutritious than the stalks? Both parts have equal amounts of most nutrients, and both also provide cancer-fighting sulforaphane.

broccoli basics

The florets do have a higher concentration of certain phytochemicals, while the stalks have more fiber. Choose dark green or purplish broccoli, and avoid yellowed florets. To maximize the nutrients, eat both parts and don't overcook.

SOURCE "Ask the Experts," University of California, Berkeley Wellness Letter, 2/14



school sports: a key to lifelong health?

Older men who exercise regularly and are in good health often share one piece of history—they played sports in high school. A new study from Cornell University titled "Fit in 50 Years" set out to determine which factors affect the health of men over 70. They identified 712 World War II veterans who had been healthy as young men (as evidenced by passing a rigorous military exam) and surveyed them 50 years later at an average age of 78. Those who had played a high school sport in the 1930s or early 1940s reported visiting their doctor fewer times per year than others. The best predictor of whether a healthy young man would exercise regularly five decades later was whether he had played a sport.

SOURCE "The Secret to Fewer Doctor Office Visits After 70—Play High School Sports," Cornell University Food and Brand Lab, 12/30/13



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BY LISA
FABIAN



black&blue

purple
and red too



Eating foods in a variety of colors is appealing to the eye—and good for the body. Fruits and vegetables that are yellow, orange, and green are wise choices for a healthy diet, but don't forget about including the darker hues like red, purple, black, and blue.

purple haze

A popular color long adored by royalty, purple is the color to eat. Foods this shade get their deep and distinct hue from the anthocyanins they contain. These are antioxidants that provide certain health benefits, such as protective properties for the brain.

While blueberries are indeed blue, their juice is purple. With more anthocyanins than almost any other type of produce, these tiny but powerful berries can help protect your brain from age-related decline. Antioxidants present in blueberries help prevent inflammation and protect cells from damage that can lead to brain plaque formation—a characteristic of Alzheimer's disease.

In other research, the components present in purple grape juice have shown promise in preventing brain seizures. In the study, the organic variety was shown to have more antioxidants and a more protective effect than conventional grape juice.

prep time
30 min
serves 2

Fruit isn't the only thing that comes in a royal shade of purple. Eggplant skins have an anthocyanin antioxidant that helps protect brain cells.

black and blue . . . red too

While purple is a mighty choice, don't forget about fruits and vegetables that are red, blue, and even black.

For red, think cherries, cranberries, red grapes, beets, radishes, red bell peppers, red onions, and tomatoes. Flush full of antioxidants and vitamins, these ruby-colored jewels improve cognitive function, urinary tract and heart health, and anticancer and anti-inflammatory activity.

Blue and black fruits and vegetables are rich in flavonols and resveratrol. Eating more of these colors can improve memory function and heart health as well as anticancer activity. Eat more eggplants, blackberries, blueberries, and Mission figs.

putting it all together

The easiest way to enjoy a variety of fruits and vegetables is to mix them up in one bowl! Toss together a fruit salad of blueberries, blackberries, raspberries, and purple grapes. Appealing to the eyes and taste buds, a salad like this is great on its own or mixed into yogurt or spooned over cereal or oatmeal.

Make a confetti coleslaw with purple cabbage, grated carrots, and red bell peppers. Top pizzas and sandwiches with roasted eggplant, black olives, and sliced tomatoes. The more colors you combine, the broader the range of nutrients you'll receive. When you eat, think about a rainbow of colors and you won't go wrong.

SELECTED SOURCES *The 200 Superfoods That Will Save Your Life* by Deborah A. Klein, MS, RD (\$19.95, McGraw-Hill, 2010) • "Eat a Colorful Variety Every Day!" www.fruitsandveggiesmatter.org, 2014 • "The Effect of Purple Foods on the Brain" by Tracey Roizman, DC, <http://healthyeating.sfgate.com>, 2014 • *The Plant-Powered Diet* by Sharon Palmer, RD (\$16.95, The Experiment, 2012)

eggplant and pesto rolls

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1 small (4 oz) eggplant
3 Tbsp olive oil, divided
1/4 c pine nuts
2 Tbsp flat-leaf parsley
1 small garlic clove
2/4 Tbsp feta, crumbled
1/2 c arugula leaves

1. Preheat oven to 350°.

2. Slice eggplant lengthwise into six 1/4-inch-thick slices. Place on a baking sheet lined with baking parchment. Drizzle with 1 tablespoon of oil. Bake for 15 minutes or until tender. Set aside to cool.

3. Meanwhile, whiz pine nuts, parsley, garlic, and remaining

oil to a rough paste in a blender.

4. Divide pesto between eggplant slices and spread it down the center. Top each one with feta. Roll up eggplant slices and secure with toothpicks.

5. To serve, arrange arugula on 2 plates and top each with 3 rolls.

Per serving: 306 Calories, 5 g Protein, 18 g Carbohydrates, 10 g Fiber, 26 g Total fat (5 g sat, 16 g mon, 4 g poly), 131 mg Sodium, ★★★★ Vitamin K, ★★★★ Manganese, ★★★ Molybdenum, ★★ Vitamin B6, Folate, Copper, ★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), C, Pantethenic acid, Calcium, Magnesium, Phosphorus, Potassium, Zinc

no-sugar mixed-berry almond crisp

From the *Taste for Life* test kitchen

4 c mixed berries
(blueberries, blackberries, raspberries), fresh or defrosted frozen
2 Tbsp cornstarch
1/2 c unsalted butter
1/2 c honey
1/2 c whole oats (not quick-cooking or instant)
3/4 c chopped almonds
1/4 c flour
1/4 tsp cinnamon
1/2 tsp salt

1. Preheat oven to 350°.

2. Gently toss berries with cornstarch in a large bowl. Set aside.

3. Stir butter and honey in a medium saucepan over medium



prep time
35 min
serves 8

heat until melted. Add oats, almonds, flour, cinnamon, and salt.

4. Transfer fruit mixture to a 9x13-inch glass dish. Top with oat mixture.

5. Bake for 30 to 35 minutes, until fruit is bubbling and top begins to turn golden brown.

Per serving: 395 Calories, 8 g Protein, 52 g Carbohydrates, 8 g Fiber, 19 g Total fat (8 g sat, 7 g mon, 2.5 g poly), 151 mg Sodium, ★★★★ Vitamin K, ★★★★ Manganese, ★★★ Molybdenum, ★★ Vitamin C, Magnesium, Phosphorus, ★ Vitamin B1 (thiamine), Copper, Iron, Zinc



chicken with balsamic red peppers

From the *Taste for Life* test kitchen

prep time
40 min
serves 6

- 3 Tbsp olive oil, divided
- 1 lb boneless, skinless chicken breast, cut into strips
- Salt and freshly ground black pepper to taste
- 3 red bell peppers, cut into strips
- 1 red onion, sliced thin
- 3 cloves garlic, finely chopped
- 1/4 c low-sodium chicken broth
- 1 Tbsp Worcestershire sauce
- 1/3 c balsamic vinegar
- 2 tsp dried basil
- 1 tsp dried rosemary
- Cooked brown rice, quinoa, or whole-grain pasta for serving
- 1/2 c grated Parmesan cheese, optional

1. Heat 2 tablespoons of oil in a large pan over medium heat. Add chicken and season with salt and pepper.
2. Cook meat for 5 minutes, stirring frequently. Remove from pan and set aside.
3. Add remaining 1 tablespoon of oil to pan. Add peppers, onion, and garlic. Sauté for 5 minutes, until vegetables are tender. Add broth, Worcestershire sauce, vinegar, basil, rosemary, and salt and pepper to taste.
4. Return chicken to pan. Reduce heat to low. Cover and simmer for 20 minutes.
5. Serve over brown rice, quinoa, or whole-grain pasta. Top with Parmesan cheese.

Per serving: 324 Calories, 24 g Protein, 32 g Carbohydrates, 4 g Fiber, 11 g Total fat (3 g sat, 6 g mon, 2 g poly), 120 mg Sodium, ★★★★ Vitamin B3 (niacin), C, Manganese, ★★★ Vitamin B6, Phosphorus, Selenium, ★ Vitamin B1 (thiamine), B2 (riboflavin), Pantothenic acid, Calcium, Iron, Magnesium, Potassium, Zinc

vegetable tagine

From *One-Dish Vegan* © 2013 by Robin Robertson and used with permission of The Harvard Common Press.

- 1 Tbsp olive oil or
- 1/4 cup water
- 1 large red onion, chopped
- 1 medium-size carrot, peeled and chopped
- 1 large red bell pepper, seeded and chopped
- 1 large Yukon gold potato, peeled or scrubbed, diced
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tsp smoked paprika
- 1/2 tsp ground turmeric
- 1/4 tsp cayenne pepper
- 1 (14.5-oz) can diced red tomatoes, undrained
- 2 c low-sodium vegetable broth
- Salt
- 1/2 c dried apricots
- 1/4 c pitted green olives, halved or sliced
- Zest of 1 lemon
- 3 c cooked chickpeas or 2 (15.5-ounce) cans chickpeas, rinsed and drained
- 3 Tbsp minced fresh cilantro or Italian parsley

1. Heat oil or water in a large saucepan over medium heat. Add onion and carrot. Cover and cook until softened, about 5 minutes.
2. Add bell pepper, potato, garlic, ginger, paprika, turmeric, cayenne, tomatoes with their juices, broth, and salt to taste. Reduce heat to low and simmer for 25 minutes.
3. Meanwhile, soak apricots in hot water for 10 minutes and then drain and finely chop. Add apricots, olives, lemon zest, and chickpeas to vegetable mixture and cook until hot and flavors are blended, about 5 minutes.
4. Use the back of a large spoon to crush some of the chickpeas and potatoes and blend into sauce.
5. Stir in cilantro and serve hot.

Per serving: 359 Calories, 12 g Protein, 63 g Carbohydrates, 17 g Fiber, 9 g Total fat (1 g sat, 5 g mono, 3 g poly), 645 mg Sodium, ★★★★ Vitamin A, C, ★ Iron, Manganese, Potassium, ★ Vitamin B1 (thiamine), B3 (niacin), Calcium, Magnesium, Phosphorus

prep time
40 min
serves 4



A rainbow of colors

Not only are the following fruits and vegetables lovely hues, they're also nutrient powerhouses. Include more of these tasty foods in your diet.

Food	Nutrients	How to Enjoy
Beets	Folate, Manganese	Boil, steam, sauté, or roast and serve in salads or as a side.
Bell peppers (red)	Vitamins B6, C, and K, and Fiber	Add to salads raw, or sauté or roast as a side. A great addition to sauces or soups.
Blackberries	Vitamins C and K, Manganese, and Fiber	Add to cereals and salads. Can also be used in puddings and other fruit desserts.
Blueberries	Vitamins C and K, Manganese	Top yogurts and cereals. Add to smoothies, muffins, and pancakes.
Cherries	Vitamin C	Best enjoyed fresh as a snack but can also be used in desserts and sauces.
Cranberries	Vitamin C	Can be made into sauces, salsas, or relishes.
Eggplant	Fiber, Potassium	Grill as a side dish or use in dips.
Figs	Fiber, Iron, and Magnesium	Enjoy fresh as a snack, or slice into cereals or salads.
Grapes	Vitamins C and K	Add to salads, and enjoy as a snack.
Plums	Vitamins A and C	A great addition to desserts or salsas.
Raspberries	Vitamin C, Fiber, and Manganese	Top cereals, yogurt, and salads. Add to smoothies and baked goods.
Tomatoes	Vitamins A and C	Add raw to salads and sandwiches. Sauté for soups, sauces, and pastas.



allergies

SPRING SYMPTOMS ARE NOTHING TO SNEEZE AT

Spring is a time for fresh starts, when new life sprouts and the outdoor world flourishes. But the leaves on the trees and the bulbs we planted last year are not the only companions springtime offers us. Allergies come along with these new beginnings, and while many turn to antihistamines for relief during the spring months, there are natural remedies and simple lifestyle changes that can help you embrace the outdoors fearlessly.



astragalus

Astragalus goes to work stimulating the immune system as it fights against allergy symptoms. A traditional Chinese medicine, studies show the greatest benefit it provides is the relief of that especially annoying runny nose.



bromelain

Bromelain, an enzyme found in the stem and fruit of the pineapple plant, breaks down proteins in swollen tissues—like inflamed sinuses—and can help prescription antibiotics work better. Look for bromelain in supplement form.



garlic

The king of natural remedies, garlic has years of research behind it supporting its use for health issues ranging from high blood pressure to digestion problems, and, yes, even springtime allergies and sinus congestion. Garlic cloves may give a boost to the immune system and fight coughs, earaches, and even bronchitis, making it an especially popular flavor during allergy season.



ginkgo

Ginkgo biloba, one of the oldest and longest-living tree species on Earth, has been used in Chinese herbal medicine for more than 5,000 years. Its usage is wide and varied; studies have found benefits ranging from calming anxiety to helping prevent heart attacks. This known anti-inflammatory may also treat symptoms of allergies and coughs.



quercetin

Quercetin is an antioxidant found in almost all herbs and plant foods. Quercetin eases allergy symptoms as it halts the growth of cells that secrete histamine, but doesn't cause drowsiness like antihistamines. It is especially abundant in apples and green tea. For maximum effectiveness, consider taking this ingredient in supplement form.



stinging nettle

Don't let the name scare you away! Nettles, when cooked or dried correctly and eaten as a vegetable, can serve as an antihistamine for allergies. Nettles may also be boiled and made into tea, added to soup or stew, or taken as a supplement.



yogurt

If eaten daily during allergy season, yogurt can help reduce grass pollen allergies, according to research from UC Davis. ■

did you know?

The increasingly popular nettle tea works to clear mucus and mump from the nasal passages.

SELECTED SOURCES: *Healing Herbs* by Diane Stein (\$16.95, Crossing Press, 2009) • *Prescription for Herbal Healing* by Phyllis A. Balch, CNC (\$23.95, Penguin Group/Avery, 2002)

• "A Randomized, Double-Blind, Placebo-Controlled, Exploratory Study to Evaluate the Potential of Pycnogenol," by D. Wilson et al., *Phytother Res*, 4/10 • *Western Medicinal Plants and Herbs* by Steven Foster and Christopher Hobbs (\$22, Houghton Mifflin, 2002)



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PROTECT YOURSELF

... against
colorectal
cancer

Awareness of colorectal cancer has grown significantly over the past decade, as has the percentage of adults over 50 who are up to date with their recommended colorectal screenings.



Unfortunately, this disease remains the second leading cancer-related killer in the country affecting both men and women. And one in three adults are not screened for colorectal cancer as recommended by their doctor. If every American 50 years and older got screened, at least 60 percent of deaths from this cancer could be avoided.

Turn 50, make an appointment

Colorectal cancer almost always begins as abnormal growths called polyps that develop in the colon (large intestine) or rectum and slowly turn malignant over the course of a decade or more. Screening tests can find those polyps before they turn cancerous.

Screening is important, as colorectal cancer doesn't exhibit early symptoms. As the disease progresses, symptoms include blood in the stool, narrower stools, stomach aches and cramps, and changes in bowel habits such as constipation or diarrhea, unexplained weight loss, and fatigue.

Most people should have their first colonoscopy at 50, and then have follow-up procedures once every 10 years. Those with a family history of colon polyps, colon cancer, inflammatory

bowel disease, or genetic conditions like familial adenomatous polyposis or Lynch syndrome should discuss an earlier timetable with their doctors. African Americans tend to get colon cancer earlier than 50 and may want to consider getting their first screening at age 45.

Screening choices

Many people put off scheduling a colorectal screening because they're anxious about the colonoscopy procedure—the insertion into the rectum of a thin, flexible, lighted tube with a small video camera on the end.

Most patients getting a colonoscopy undergo what is called "conscious sedation," which means that they receive a combination of drugs that relaxes them and blocks pain.

An exam usually takes 30 minutes, but it can take longer if polyps are found and removed. Polyps are removed from the colon wall with an electric current.

While less-invasive screening methods exist, they are not as thorough as a colonoscopy, which only needs to be done every 10 years. For example, a flexible sigmoidoscopy (which must be done every five years starting at age 50)

did you know?

March is Colorectal Cancer Awareness Month.

uses a shorter scope, so it just checks inside the rectum and the lower third of the colon. Unfortunately, this leaves unexamined the right side of the colon, where 40 percent of advanced cancers are found.

Other options include an annual fecal occult blood test and a virtual colonoscopy. Consult your healthcare practitioner about which screening option works best for you and your health insurance plan.

Take control

A trio of factors can significantly reduce your chances of developing colorectal cancer: diet, exercise, and lower body fat. Studies show an increased risk in colorectal cancer in obese men and women, the link appearing stronger with men. Maintaining an active lifestyle is a way to help prevent not only cancer but other life-threatening ailments as well.

Strive to eat a high-fiber, low-fat diet that includes at least five



Financial help

The Centers for Disease Control and Prevention's Colorectal Cancer Control Program provides funding to 25 states and four tribes in the United States with the goal of increasing screenings. Find more information, including a map of the coverage area, at www.cdc.gov/cancer/crccp/about.htm. If you aren't eligible for the program or live outside the 25 states in which the program operates, call 800-CDC-INFO to learn about other options.



servings of fruits and vegetables per day. Choose foods made from whole grains; they contain more fiber than refined grains.

Some studies have shown that vitamin D, calcium, and magnesium may lower colorectal cancer risk. Others have shown a multivitamin/mineral may help: In one, rats fed a high-fat, low-fiber diet and exposed to carcinogens over a 32-week period developed precancerous lesions. Rats that underwent similar carcinogen exposure but were given daily multivitamin/mineral supplementation were 84 percent less likely to develop the lesions.

Alcohol consumption has been linked with a higher risk. Though this link proves stronger with men, women who consume up to three alcoholic beverages per day put themselves at a greater risk for rectal or colon cancer. Eating a diet high in red and processed meats increases risk as well.

No surprise here: Smokers run a greater risk of developing cancer, and not just cancers of the mouth, throat, and lungs. Colorectal cancer is just one of several other types of cancer linked to smoking. ■

SELECTED SOURCES "Can Colorectal Cancer be Prevented?" American Cancer Society, www.cancer.org • "Colonoscopy Linked to Decrease in Colorectal Cancer Deaths, but Many More Could Have Been Prevented," American Society for Gastrointestinal Endoscopy, www.screen4coloncancer.org • "Colorectal Cancer Screening," Centers for Disease Control and Prevention, www.cdc.gov • "Nutrition to Reduce Cancer Risk," Stanford Medicine Cancer Institute, <http://cancer.stanford.edu/>

not . . . yet

TURNING A NEGATIVE INTO A POSITIVE

The things we say, whether out loud or to ourselves, have a profound effect not only on how we feel but also on what we do. When we tell ourselves

“I can’t do it” or “They’ll never allow it,” we undermine our own power and

motivation to make changes in our lives. When we tell ourselves “I’ll find a way” or ask “What haven’t I tried yet?” we give ourselves a feeling of hope that can help us sustain the persistent

effort we need to make things happen.



So it’s important that we pay attention to what we say. Here’s one way to start to shift. If you find yourself saying things that suggest that the quality of your life is out of your hands, see if you can find a way to turn them around. One simple way is to use one of my favorite words: yet.

harnessing the power of “yet”

Adding “yet” to the end of a sentence can turn it from an old complaint into a new challenge. It can remind us how much power we do have, help us set goals for the future, and open us up to finding new ways to achieve them. It’s one of the surest and simplest ways to strengthen our hope and persistence—two essential elements of a happy and successful life. Here are some examples of the power of “yet.”

For ourselves

I haven’t been able to lose a single pound . . . yet.

I have no idea how I’m going to afford to pay for college . . . yet.

For our kids

I just don’t understand algebra . . . yet.

I don’t have any friends at my new school . . . yet.

In our relationships

I haven’t been on a single date since my divorce . . . yet.

I haven’t forgiven my sister for that old insult . . . yet.

Think of a few ways you can use the power of “yet” to turn complaints into goals in your own life, and to help you generate the hope and persistence you need to achieve them. *



Lynda Wallace is a certified positive psychology coach and the author of the #1 Amazon self-help bestseller, *A Short Course In Happiness: Practical Steps to a Happier Life*. She offers life coaching, career coaching, and workshops to clients around the world, in person and by phone and video. You can find out more at www.lyndawallace.com.



lost power?

The downside to freezing lots of your favorite foods is that if your freezer fails, your food can become unsafe to eat. Go to www.foodsafety.gov/keep to find out what to throw out if you've had a power outage or mechanical failure.

freeze frame

THE KEY TO QUICK, HEALTHY MEALS

Fresh fruits and vegetables are flash frozen immediately after harvest, preserving their important nutrients. The freezing process also preserves flavor, quality, and often texture. That's why frozen peas may taste better than fresh. Remember to look for clean, undamaged, and ice-free packages at the store. Make the frozen section your last stop before checking out, and put the frozen food away immediately when you return home.

Buying frozen foods can be a more economical way to eat organic foods, which, packaged and frozen, can be a lot less expensive than the fresh versions in the produce department, yet are still healthful choices. Buying fresh foods in bulk and freezing them is another way to get the most out of organic purchases.

Keeping your freezer well stocked can also minimize the time you spend food shopping and preparing healthy meals. And food stored in the freezer won't spoil and go to waste as quickly as items stored in the fridge or on the counter.

cold counsel

Keep your freezer at least 75 percent full to lower your utility bill. Every time you open the freezer door, warm air rushes in and the appliance has to cool the inside air all over again. If your freezer is full, there is less empty space for the warm air to fill, and the compressor will cycle on less frequently, saving electricity. Keep the freezer temperature at 0°F or below to maintain food quality.

While frozen foods do keep for a long time, they don't stay perfect forever. Freezer burn is a major culprit. Changes in temperature and exposure to air cause this problem, which dries out food and affects its taste and texture. Packing foods carefully in airtight bags—and eliminating as much air as possible—will reduce the amount of food you lose to freezer burn.

Here are a few more tips for maximizing the freshness and flavor of your frozen foods while minimizing your electric bill.

- The original food packaging is not always ideal for the freezer. Unless the food is in a vacuum-sealed package, it is often a good idea to repack it.
- Freeze individual portions. Opening and closing large packages exposes food to the air and causes it to thaw and refreeze repeatedly. Bag each portion individually and squeeze the air from the bag before sealing it.
- Pack food in easily stacked containers. Irregularly shaped packages leave lots of air spaces in between. Moving food into labeled containers that fit neatly inside your freezer also makes things easier to find. Fill any remaining spaces with loose items or plastic bottles partially filled with water.
- Date items and practice first-in, first-out rotation. When you bring food home from the store, move the items already in your freezer up front, and put the new items in the back. That way, you'll use the older foods first.
- You may want to get into the habit of rearranging stored items seasonally. Say that your family eats more frozen yogurt, fruit, and vegetables in the summer, but lots of soups and prepared meals in the winter. Come spring, move the soups to the back of your freezer and the icy treats up front.
- Always let leftover foods cool before freezing. Otherwise, steam will freeze on the food's surface, causing freezer burn. •

SELECTED SOURCES "Birds Eye Roots," www.birdseyefoods.com • "Food Freezing Basics: Packaging, Loading the Freezer, and Refreezing" by Julie Garden-Robinson, North Dakota State University, www.ag.ndsu.edu



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one potato, two potato, sweet potato

COLCANNON GETS
A MAKEOVER



A traditional Irish peasant dish made from milk, butter, mashed potatoes, and cabbage or kale, colcannon is as comforting as it is tasty. Typically associated with Halloween, it's also a year-round favorite on the Emerald Isle.

St. Patrick's Day is a great time to introduce your family to this comfort food classic. Try our healthy version—made with sweet potatoes and kale. Make the main recipe on the weekend or when you have a little more time, and enjoy it alongside your favorite protein. During the week, incorporate the colcannon leftovers into a speedy meal, using one of the three ideas offered here.

sweet potato colcannon

From the *Taste for Life* test kitchen

20 minutes prep time +
40 minutes bake time

Serves 6

4 sweet potatoes (approximately 2-3 lb total)
3 Tbsp olive oil
2 medium leeks, white and light green parts finely chopped
3 c finely chopped kale
3/4 c lowfat milk, or unsweetened plain soymilk, rice milk, or coconut milk
Salt and freshly ground black pepper to taste

1. Preheat oven to 400°. Bake sweet potatoes until tender when pierced with a fork, approximately 40 minutes.
2. Let potatoes cool to the touch. Split in half lengthwise. Scoop flesh out with a spoon, being careful to keep skins intact. Refrigerate skins for later use in Twice-Baked Potatoes recipe.
3. Heat oil in a large pan over medium heat. Add leeks and sauté until softened, approximately 3 minutes. Add kale and sauté an additional 3 minutes.
4. Transfer leek and kale mixture to a large mixing bowl. Add cooked sweet potato flesh. Using a hand mixer or hand-held potato masher, blend mixture with milk until smooth. Add salt and pepper to taste. Serve immediately or reserve mixture for later use.

Per serving: 268 Calories, 6 g Protein, 47 g Carbohydrates, 7 g Fiber, 7 g Total fat (1 g sat, 5 g monos, 1 g poly), 137 mg Sodium, ★★★★ Vitamin A, C, K, ★★★★ Vitamin B6, Copper, Magnesium, Manganese, Zinc, ★★ Vitamin B1 (thiamine), B2 (riboflavin), Magnesium, Molybdenum, Phosphorus, ★ Vitamin B3 (niacin), Folate, Calcium, Iron, Potassium, Zinc

potato pancakes

1. Mix 2 cups of leftover colcannon with 1 egg.

2. Shape into patties and dust in flour.

3. Pan-fry both sides in olive oil until golden.

Dinner: Serve with scrambled eggs. Great for breakfast too.



shepherd's pie

1. Sauté together ground turkey and chopped onion.

2. Top with leftover colcannon.

3. Bake at 400° for 25 minutes.

Dinner: Serve with a tossed green salad.



twice-baked potatoes

1. Stuff reserved sweet potato skins with leftover colcannon.

2. Top with shredded Cheddar cheese.

3. Bake at 400° for 25 minutes.



Dinner: Serve with grilled or broiled salmon.



seafood, eat food

THERE ARE SAFE, GREEN CHOICES

It's the catch of the day: We love seafood so much that we eat nearly 16 pounds of it per person each year in this country. That's almost 30 percent more than 25 years ago! It's a heart-healthy and protein-rich choice, but with contaminants polluting our oceans and stocks being depleted, do safe and sustainable varieties remain?

The answer is yes. But it's not an easy one. Almost 85 percent of the world's fisheries are fished to capacity or overfished. With fish varieties rebounding or being depleted every few years, the "good fish" lists often change. However, some smart options remain.

Get hooked on these

- Domestic, farm-raised catfish is responsibly raised and plentiful.
- Pacific cod stocks are still going strong.
- Oregon pink shrimp are certified under strict Marine Stewardship Council guidelines.
- Pacific halibut and domestically farmed tilapia are good choices if you enjoy mild-flavored, white-fleshed fish.
- Wild Alaskan salmon is a great option, and a good source of omega 3.
- Other good choices include abalone; Arctic char (farmed); Dungeness and stone crab; spiny lobster (from California, Florida, and Mexico); sablefish/black cod (from Alaska and Canada); Pacific sardines (from the US and Canada); farmed scallops; rainbow trout (US farmed); albacore tuna/white canned (Canada and US troll, pole); skipjack/light canned tuna (US troll, pole); yellowfin tuna (US troll, pole); clams; mussels; oysters. *



tilapia tacos with fresh lime

From *How to Feed A Family: The Sweet Potato Chronicles Cookbook* by Laura Keogh and Celi Marsh © 2013 Sweet Potato Chronicles

25 minutes prep time • Serves 4

2 Tbsp + 2 tsp fresh lime juice

2 Tbsp extra-virgin olive oil

1/2 tsp salt, divided

3 tilapia fillets

8 whole-wheat flour tortillas

1/3 c plain low-fat Greek yogurt

1/4 c chopped cilantro

2 Tbsp low-fat mayonnaise

1/2 head of lettuce, chopped

1. Preheat oven to 425°. Spray a rimmed baking sheet with cooking spray.

2. In a small bowl, whisk together 2 tablespoons of the lime juice with the oil and 1/4 teaspoon of the salt for the marinade. Place tilapia on prepared baking sheet and spoon marinade over.

3. Place tilapia in oven and bake for about 10 minutes. Give it the eagle eye so it doesn't overcook. When fish flakes with a fork, remove it from oven. Let cool for a few minutes. Transfer fish to a large bowl and flake it apart using a fork. Set aside. Reduce oven temperature to 250°.

4. Wrap tortillas in a clean, damp dish towel and place them in a medium-size casserole dish. Cover dish with its lid or some aluminum foil. Warm tortillas in oven for about 10 minutes.

5. In a bowl, whisk together yogurt, cilantro, mayonnaise, the remaining 2 teaspoons of lime juice, and the remaining 1/4 teaspoon of salt.

6. Arrange yogurt mix, chopped lettuce, warm tortillas, and fish on a table. Allow each person to free-style their taco on the assembly line.

Per serving: 237 Calories, 15 g Protein, 24 g Carbohydrates, 2 g Fiber, 8 g Total fat (1 g sat, 3 g mono, 1 g poly), 355 mg Sodium, ★★★★ Vitamin B3 (niacin), B12, Selenium, ★★★ Vitamin B6, Magnesium, Phosphorus, ★ Biotin, Vitamin C, ★ Vitamin B1 (thiamine), B2 (riboflavin), Vitamin K, Pantothenic acid, Chromium, Copper, Potassium



roasted halibut with tomatoes and saffron

From the *Taste for Life* test kitchen

25 minutes prep time • Serves 4

2 c red grape or cherry tomatoes, halved

Salt and freshly ground black pepper

4 4-oz Pacific halibut fillets
(about 1/4- to 1/2-inch thick)

1/8 c olive oil

1 Tbsp white wine vinegar

3 Tbsp chopped fresh basil

1/8 tsp saffron threads, crumbled

1. Preheat oven to 450°.

2. Place tomatoes in a large glass baking dish. Sprinkle with salt and pepper and toss to combine.

3. Sprinkle fish with salt and pepper. Place fish on top of tomatoes.

4. Whisk together oil, vinegar, basil, and saffron in a small bowl. Pour dressing over fish.

5. Bake fish until opaque in center, approximately 15 to 20 minutes depending on thickness, or until it's cooked through. Let fish cool slightly.

6. To serve, place 1 fillet on each of 4 plates. Top with tomato mixture, dividing evenly among the 4 servings.

Per serving: 202 Calories, 24 g Protein, 4 g Carbohydrates, 1 g Fiber, 10 g Total fat (1 g sat, 6 g mono, 2 g poly), 359 mg Sodium, ★★★★ Vitamin B3 (niacin), B12, Selenium, ★★★ Vitamin B6, Magnesium, Phosphorus, ★ Biotin, Vitamin C, ★ Vitamin B1 (thiamine), B2 (riboflavin), Vitamin K, Pantothenic acid, Chromium, Copper, Potassium

Learn more about safe and sustainable fish at
www.tasteforlife.com/seafood

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A close-up photograph of a baby with light brown hair, wearing a blue and green striped onesie. The baby is sitting on the ground, looking down intently at their hands. The background is a soft-focus green, suggesting an outdoor setting like a garden or park.

In the **spring**,
at the end of the
day, you should
smell like dirt.

—Margaret Atwood



nutrition plus
vitamin

55 IU

(sunflower seeds,
dry roasted)

vitamin E

A fat-soluble nutrient found in many foods, vitamin E is also added to some cereals, fruit juices, margarines, and other products. Stored in fatty tissue, E acts as an antioxidant and a multitasking nutrient, helping to prevent and fight infections by stimulating the immune system. The natural form, d-alpha-tocopherol, is more potent than the synthetic dl-alpha-tocopherol.

A closer look

Vitamin E deficiency is rare in healthy people and usually linked to particular diseases that involve improper digestion or absorption of fats, such as Crohn's disease and cystic fibrosis. Vitamin E's antioxidant

functions and its roles in anti-inflammatory processes, inhibition of platelet aggregation, and immune enhancement suggest that there are cardiovascular and anticancer benefits.

Recent research on E and Alzheimer's disease demonstrates that this vitamin may slow the functional decline of patients with mild to moderate forms of this disease. Since vitamin E can increase the risk of bleeding in people who take medicines such as warfarin, they should not take it without consulting their healthcare provider. In addition, taking antioxidant supplements while undergoing chemotherapy or radiation for cancer could alter these treatments' effectiveness.

FOOD SOURCES

Food	Serving Size	Vitamin E (IU)
Sunflower seeds, dry roasted	1 ounce	55
Almonds, dry roasted	1 ounce	50
Hazelnuts, dry roasted	1 ounce	32
Peanut butter	2 Tbsp	22
Spinach, cooked	1/2 cup	15

RECOMMENDED DIETARY ALLOWANCE

Life Stage	Age	IU/day
Infants	0-6 months	6
	7-12 months	7.5
Children	1-3 years	9
	4-8 years	10.4
	9-13 years	16.4
Adolescents and Adults	14+ years	22.4

SELECTED SOURCES *7-Syndrome Healing* by Marcia Zimmerman, CN, and Jayson Krone, CSN (\$16.95, Nutrition Solution Publications, 2007) • "Effect of Vitamin E and Memantine on Functional Decline in Alzheimer's Disease" by M.W. Dysken et al., *JAMA*, 1/14 • "Vitamin E," National Institutes of Health, Office of Dietary Supplements, ods.od.nih.gov

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